

FRESH FRUIT AND VEGETABLE PROGRAM

Nutritional Education



Fun Facts:

Known as “Pineapple Guava”, it’s a unique fruit that is not as noticed. The fruit can be eaten raw, used in jams, jellies and even skincare. Feijoa trees can grow up to 15 feet but are pruned to maintain a smaller size.

Nutritional Info:

Feijoa’s are a nutrition powerhouse, containing vitamin C to help boost your immune system , fiber - aids in digestion and maintaining body weight, and antioxidants - which protects your body from inflammation.